

NARARA VALLEY HIGH SCHOOL

NEWSLETTER

September 2025

PRINCIPAL REPORT

Another busy and successful term at Narara Valley High School. As this term draws to a close, it's been a real pleasure to witness so many wonderful events and achievements across our school community.

Year 12

On behalf of everyone at Narara Valley High School, I extend our best wishes to all Year 12 students as they prepare for their HSC exams and the next chapter beyond school. This term has included the Trial HSC assessments, practical HSC exams in Dance, Drama and Music, submission of Personal Interest Projects in Society and Culture, as well as completed works in Extension 2 English, IT Timber and Visual Arts. We must acknowledge the dedication and effort shown by the students, alongside the expert guidance and unwavering support from their teachers.

I would also like to express my appreciation for Mr Murray and Mr Bowers, our Year 12 Adviser and Assistant Adviser for their ongoing support. Mrs Barrale, as Deputy Principal, has been a steadfast advocate for the students' learning and wellbeing throughout the year. Many thanks also to all staff who have worked diligently to prepare our Year 12 cohort for both their exams and their futures.

SASS Appreciation Week

In Week 7, we celebrated the incredible contributions of our Narara Valley High School Administration and Support Staff (SASS). Our SASS team plays a vital role in all areas of school life, ensuring that learning and wellbeing are consistently supported. We are truly grateful for their commitment and hard work every day.

Year 10 Snow trip

This year's annual snow trip saw Year 10 students and staff enjoy an exciting and successful excursion. The staff praised the students for their enthusiasm and excellent behaviour throughout the trip. Regular followers of our school Facebook page were treated to some fantastic photos and videos capturing the experience. A big thank you to Ms Rolfe and Ms Ludlam, who led the organisation of the trip, and to all staff involved for their care and dedication in making the event such a memorable one.

R U OK day

On September 11th, Narara Valley High School students participated in a range of meaningful activities to mark RU OK Day. Thanks to the efforts of Ms Ludlam, Ms Rolfe, and the wellbeing team, lunchtime stalls and events were held to promote mental health awareness and share information about local support services. Staff also enjoyed a special morning tea to recognise the day. Our heartfelt thanks go to the team for their excellent work in coordinating this important event.



ANDREW SKEHAN
Principal

PRINCIPAL REPORT

STUDENT LEADERSHIP TEAM

The process in which we select our student leadership team also took place over the last few weeks of this term. I would like to congratulate the following students:

Captains: Gabriella Lints and Spencer Curtis

Vice Captains: Ruby Lia and Holly Thomson

Senior Prefects: Belinda Bu, Hamish McCann, Iyla Skelton, Harley Weibel, Sharlotte Fisher, Andrew Hodgins, Tully Mason, Sithula Madde-Kariyakaranage, Anny Nguyen, Emily Carroll

Year 11: Scout De Kalb, Mikayla Duck, Lewis Pankhurst, Jasmine Smith, Isabella Hennessy, Tayla Singh, Zac Kreuzberger, Will Booth, Ivy Leadbitter, Lilly Hart, Phoebe Wells, Ashley Wiseman, Molly Ledingham

Year 10: Grace McMurtie, Emily Brown, Alina Mani, Ben Wagstaff, Charlotte Burkinshaw, Ellie Hart, Ruby Beith, Sarah Cruikshank, Alicia Breen, Tia Thoburn, Ivy Wilson

Year 9: Rachel Kaser, Matinka De Kalb, Chelsea Hillier, Will Wighton, Hannah Willemse, Penny Monroe, Amber Duck

2026 SCHOOL CAPTAINS



Congratulations

Spencer Curtis
Gabriella Lints

Congratulations!

2026 SENIOR LEADERSHIP TEAM



2026 SCHOOL VICE CAPTAINS



Congratulations

Ruby Lia
Holly Thomson

GRADUATION CEREMONY



GRADUATION CEREMONY





DEPUTY PRINCIPAL REPORT YEAR 7 & 10

As we conclude Term 3, I am pleased to share an update on the academic progress, wellbeing initiatives, extracurricular involvement, and exciting opportunities for our Year 7 and Year 10 students. This term has been filled with learning, growth, and community engagement, culminating in the upcoming school trip to Japan during the school holidays.

Year 7: Building Foundations and Embracing High School Life

Our Year 7 students have shown remarkable resilience and enthusiasm as they continue to adjust to the challenges and opportunities of high school life. This term, students have engaged deeply with a wide range of subjects, from foundational skills in English and Mathematics to creative and practical learning in the Arts, Technology, and Physical Education.

Year 10: Preparing for Senior Years

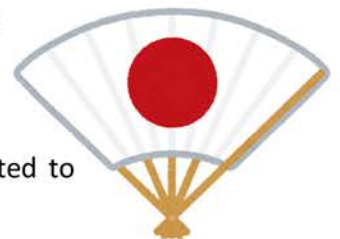
Year 10 has been a pivotal term as students solidify their academic skills while preparing for the transition to senior school. The focus has been on goal-setting, time management, and exploring subject choices for Year 11.

Academic Progress:

- Students have demonstrated great commitment across all subjects, particularly in developing higher-order thinking skills in subjects such as Science, English, and Mathematics.
- The term included assessments that have provided valuable feedback to help students identify strengths and areas for growth as they plan their senior studies.

Finally, I am thrilled and excited that the upcoming school holidays will feature an exciting cultural and educational trip to Japan, open to a range of students. This trip offers an incredible opportunity to experience Japanese culture, language, and history firsthand.

I would like to thank Mrs Robinson for the massive amount of organisation she has completed to provide this opportunity for our students.



GEOFFREY FLEMING
Deputy Principal
Year 9 & 12

Happy
Holidays!

UPCOMING EVENTS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24

OCTOBER

- 14th First day of Term 4
- 16th HSC Exams begin
- 20th Year 7 2026 Support Unit Transition visit
- 21st Year 7 2026 Support Unit Transition visit
- 22nd Kinchella Boys Home Incursion
- 27th Year 8 VALID Testing
- 27th Year 7 2026 Support Unit Transition visit
- 28th Year 7 2026 Support Unit Transition visit

NOVEMBER

- 3rd Year 7 to 10 Exam Period begins
- 3rd Year 7 2026 Support Unit Transition visit
- 4th Year 7 2026 Support Unit Transition visit
- 10th Year 12 2025 Sign Out Day
- 11th Remembrance Day Assembly
- 13th Year 12 2025 Formal
- 14th Zone Gala Day
- 18th White Card Course
- 25th Year 7 2026 Specialist Programs Taster Lesson
- 26th Year 7 2026 Taster Lesson - WPS, VVPS
- 27th Year 7 2026 Taster Lesson - NPPS
- 28th Year 7 2026 Connecting Program



DECEMBER

- 1st First Nations Transition Day
- 2nd Year 7 2026 Orientation Day
- 2nd Year 7 2026 Parent Information Evening
- 19th Last day of Term 4

*Dates current at time of this issue and may be subject to change.

DEPUTY PRINCIPAL REPORT

YEAR 9 & 12

Education

FAREWELL TO YEAR 12 AND BEST WISHES FOR THE HSC

As Term 3 draws to a close, we farewell our Year 12 students and extend our very best wishes as they prepare for the HSC examinations and the exciting opportunities that lie ahead. Over the past six years, our students have shown resilience, commitment, and growth, and many are already celebrating with early university offers—an outstanding achievement!

We are incredibly proud of each student and encourage you to approach the HSC with confidence. To help you prepare, here are some key study tips:

- **Establish a routine:** Create a study timetable that works for you and follow it consistently.
- **Prioritise subjects:** Allocate time fairly across all subjects to ensure balanced preparation.
- **Review regularly:** Revisit your notes often to strengthen your understanding.
- **Seek feedback:** Practise writing responses and reach out to your teachers, either in person or via email, for support and guidance.
- **Look after yourself:** Balance study with rest, exercise, and time with family and friends to maintain your wellbeing.

Remember, success looks different for everyone. Set clear goals, stay focused, and know that your teachers and school community are here to support you every step of the way.

Just a reminder that there is now a dedicated space at the new Gosford regional Library for HSC students to study, from 4 – 8pm on Friday from 19th September to 10th October with free snacks, study zones, wellbeing check ins and open study spaces. <https://libraries.centralcoast.nsw.gov.au/gosfordregionallibrary>

The HSC examinations will be held at Narara Valley High School, just as they were for the Trial HSC. Individual timetables are available on the Students Online portal, and the full exam schedule can be viewed here: <https://www.nsw.gov.au/sites/default/files/noindex/2025-05/2025-hsc-written-exam-timetable.pdf>

Please arrive early on exam days, as some paperwork must be completed before the official start time. For further resources and advice, visit: **HSC – What You Need to Know.** <https://www.nsw.gov.au/sites/default/files/2024-09/nesa-2025-hsc-rules-and-procedures.pdf>

SCHOOL REPORT REMINDER

Please ensure you access, download, or print your child's School Reports from the Parent Portal before the end of the year. Once students sign out, past reports will no longer be accessible through the system.

We also look forward to celebrating with you at these special events:

- **Graduation Ceremony** – Thursday, 25 September 2025, in the School Hall
- **Year 12 Formal** – Thursday, 13 November 2025, at Linton Gardens, Somersby



Good luck, Year 12! We are proud of your achievements and excited to see the next chapter of your journey unfold.

Education

DEPUTY PRINCIPAL REPORT YEAR 9 & 12

Let's Study Somewhere Better.

Gosford Regional Library is your newest HSC study spot
- open late, fully equipped, seriously vibey.



Open Study Spaces

Quiet, comfy, and yours to use - made for focus, creativity, or just getting stuff done.



Relaxation Room

Chill out with a youth-led short film:
"The Possibility of One Day in a Lifetime (Post-HSC)"
A spark for connection and fresh experiences across the coast.



Snacks & Sips

Free snacks. Free drinks. Good vibes.
Kick back in our brand-new kitchen, grab something tasty while you hang or study.



Wellbeing Check-In

Drop by (4-7pm) for low-key chats if you need a moment.

Where: Gosford Regional Library

Time: Fridays 4-8pm

When: 19 Sept, 26 Sept, 3 Oct, 10 Oct

What to bring: Bring your notes, your friends, and your focus. This library's next level - and we're here to back you.

PRESENTED BY



SUPPORTED BY



DEPUTY PRINCIPAL REPORT YEAR 9 & 12

Education

YEAR 9

Our Year 9 students have demonstrated impressive maturity and dedication this term, successfully completing a wide range of assessment tasks, wellbeing programs, and KLA excursions. Their positive approach to learning and participation has been a real credit to them.

As we look ahead to Term 4, I encourage all students to continue this strong commitment to their studies and make the most of the opportunities available as they prepare for the transition into their senior years.

I would also like to acknowledge the consistent effort students have made in upholding our school's uniform standards. A reminder that uniforms can be purchased from the Uniform Shop located in the school office. This includes the new black NVHS jumper, which is now apart of the uniform available for our senior students to wear.

Let's finish the year with the same focus, enthusiasm, and determination that has made Term 3 such a success—setting a strong foundation for the exciting challenges ahead.

I would like to wish our school community a very happy and safe holiday and I look forward to working with all the students again in Term 4.



AMANDA BARRALE
Rel. Deputy Principal
Year 9 & 12



DEPUTY PRINCIPAL REPORT YEAR 8 & 11

Important Information for Year 8 and Year 11 Students

As we conclude Term 3, we want to acknowledge the hard work and progress of all our students and provide important information for Year 8 and Year 11 families as we prepare for the next stages of the school year.

Year 8 Subject Selections and Friendship Support

Year 8 students have selected their subjects for Year 9, an exciting step towards tailoring their learning to their interests and strengths. We encouraged students to explore their options carefully and discuss their choices with teachers, parents, and our school's careers advisers to make informed decisions that align with their goals.

We also want to remind everyone that navigating friendships can sometimes be challenging during this transitional time. It's normal to experience ups and downs in relationships. We encourage students to communicate openly, seek support from trusted adults, and practice kindness and respect. Maintaining positive friendships contributes greatly to wellbeing and success at school.

In addition, we remind all students about the importance of online digital safety when interacting with peers. Please visit the eSafety Commissioner website for valuable resources and advice on staying safe online: <https://www.esafety.gov.au>. It is easy to navigate, with user friendly tabs about different situations a young person might come up against.

Year 11 Preliminary Course Completion and Year 12 Preparation

Our Year 11 students are approaching the completion of their Preliminary courses, with final exams all completed and curriculum requirements such as Life Ready having great participation. This is a significant milestone as they prepare to enter Year 12 next term. For students eligible to drop a subject, now is the time to carefully consider this decision in consultation with their teachers and the school's academic advisers to ensure they remain on track for their HSC goals.

We congratulate Year 11 on their commitment and encourage them to use the upcoming break to rest and prepare for the challenges and opportunities of Year 12. Starting next term, students will begin their HSC courses, which require dedication and focus.

Thank you to all students, families, and staff for your ongoing support this term. We look forward to a successful Term 4.



JANELLE RAE
Rel. Deputy Principal
Year 7 & 11



WELLBEING

RUOK?

A conversation could change a life.

RUOK DAY

On Thursday 11th September, at NVHS, we paused to ask the important question: R U OK?

During lunch, students came together for activities and a visit from Headspace to encourage open conversations about mental health and well-being. Meanwhile, staff took a moment at recess to connect over morning tea, checking in on each other and reminding everyone that it's okay to ask for support.

It's these small moments of care and connection that make a big difference.

Remember, it's always okay to ask — and to reach out.

It's
NOT
to
be OK



WELLBEING

FOOTY COLOURS DAY - FRIDAY 19TH SEPTEMBER

We wrapped up Week 9 by fundraising for Footy Colours Day – and what a fantastic turnout it was! It was wonderful to see so many colourful jerseys across the school, and we are so thankful for the generous donations made to support the Fight Cancer Foundation.

Congratulations to the staff and students who won prizes in our raffles – and thank you to everyone who got involved to make the day such a success!

Cooinda Cup

Seven of our First Nations students proudly represented NVHS at the Cooinda Cup hosted by Henry Kendall High School earlier this term.

They participated in three Yulunga traditional games, showing incredible skill, teamwork and sportsmanship at every stage. We're proud to share that they made it all the way to the semi-finals, finishing in a strong 4th place overall!

Well done to our students—you represented NVHS brilliantly!



**FOOTY
COLOURS
DAY!**



Our snake artwork is back and looking better than ever!

A massive thank you to our incredible Art teachers, talented students, and our GA for his support in making this happen.



WELLBEING

SASS appreciation week

We were so pleased to celebrate our amazing SASS staff with a beautiful cupcake and morning tea at our very own Valley Way Café.

Our SASS team are the heart of NVHS – working tirelessly behind the scenes and alongside staff and students every day.

We are truly grateful for your dedication, care and hard work. Thank you for everything you do to support our school community – NVHS wouldn't be the same without you!



Year 10 Snow Trip - What a Week!

An absolute blast from start to finish! This trip wasn't just about the snow (although that was pretty amazing too) – it was about the laughs, the friendships, the courage to try something new, and the unforgettable moments shared together.

Huge appreciation to our incredible staff legends – Mr Carroll, Mrs Rolfe, Mrs Moody, Mr Carey, and Mrs Whyte – your energy, care, and constant support made this experience so special. We couldn't have done it without you.

It was amazing to witness the inclusive vibe, the way everyone looked out for each other, and the memories we've all taken home. Year 10 – you crushed it!



WELLBEING

Creating Chances Program – Year 9 in Action

Over the past two terms, a group of our Year 9 students have been working hard to progress through the Creating Chances program – and they’ve now reached the exciting coaching stage!

These boys have been visiting one of our wonderful feeder schools, Niagara Park Public School, where they have each facilitated three individual coaching sessions with Year 6 students.



This program is a fantastic opportunity for our students to develop leadership, communication and mentoring skills, while also giving back to our wider school community.

We are so proud of the effort, maturity and commitment they’ve shown throughout this journey. Well done, boys!

Wear It Purple Day!

What an amazing way to celebrate Wear It Purple Day! Our recess and lunch activities brought so much energy — with great tunes, fun games, and loads of awesome giveaways.



Most importantly, the day reminded us all how supportive and welcoming our school community is. Whether you wore a splash of purple, joined in the activities, or simply showed up with a smile — you helped make today that much more inclusive.



SUPPORT UNIT

Some students in the support unit have been engaged in a program to develop fundamental small business skills, which has involved creating various items, designing signs and price tags, and culminating in a fantastic pop-up stall for staff.



H₂O SCIENCE

Term 3 Highlights

Term 3 has been another busy term in the Science faculty. Students were given the opportunity to compete for prizes in the Science Week daily quiz, with many students increasing their science knowledge each day by researching the daily questions.

Both Year 11 and Year 12 reached the end of their respective course. Year 12 completed their Trial HSC examinations and Year 11 had their Yearly Examinations.

Year 10 have been exploring the fields of Genetics, Evolution and Biotechnologies, discovering the structure of DNA and investigating inherited characteristics.

Year 9 have been looking at Energy, including heat, sound, light and electricity. They finished the term by creating their own model house, complete with working electrical circuits.

Year 8 students have been investigating Chemistry, carrying out a range of experiments looking at the difference between Elements, Compounds and Physical and Chemical Reactions. Their Independent Research Project gave them the chance to design and conduct their own experiments, with many showing how well they can carry out a scientific investigation.



Ho SCIENCE

Our Year 9 students have demonstrated exceptional commitment and perseverance in Science this term, excelling in their 'Block house' assessment task by effectively designing and wiring series and parallel circuits that highlight their understanding of electricity.



Excursions

ANSTO

On Monday, 15th September, Year 12 Physics, Chemistry, and Investigating Science students visited the ANSTO nuclear reactor. Twenty students had the unique opportunity to observe cutting-edge research in neutron scattering and to explore the linear accelerator equipment at Australia's only nuclear facility. While some were hoping for a swim in the reactor pool and were sadly disappointed, the excursion provided an invaluable insight into advanced scientific innovation.

Boat Show

The Year 10 Marine and Aquaculture class had an exciting day at the Sydney Boat Show on Friday 15th August. Students attended an informative presentation on Marine Careers, featuring industry experts from NSW Maritime, Super Yachts Australia, a marine mechanic, and the MEGT training organisation. They gained valuable insights into various career pathways within the marine industry. After the presentation, students explored numerous stalls, admired a range of boats and jet skis, and engaged in hands-on activities, making it a memorable and educational experience for all involved.

Upcoming Events

Early next term (Week 3) Year 8 will be sitting their VALID test. A letter will be sent to parents in Week 1 or 2 next term.

LIBRARY

Max Potential

Huge congratulations to our incredible Year 11 students, Anny and Gabriella, on completing the Max Potential program! 🎉

Throughout the program, they each designed and delivered two outstanding community-based projects that showcased not only their creativity, but also their passion for making a real difference.

We are so proud of the leadership, commitment and heart they have shown on this journey. Both Anny and Gabriella have proven themselves to be inspiring young leaders, and we can't wait to see the amazing things they'll continue to achieve in the future! ✨

Well done, Anny and Gabriella – you are both outstanding role models for our school and community! 🙌🌈



Soft Pages



Purple Box Project



Susan Thomas
Librarian

VOCATIONAL EDUCATION AND TRAINING (VET)

This term has seen significant progress across our Vocational Education and Training programs at NVHS.

Students in Year 12 undertaking VET courses in Business Services, Hospitality, Construction, Manufacturing, and Engineering have officially completed their courses. Those students who have achieved competencies will receive their statement of attainment of qualification in their respective areas. The completion of these courses represents a major milestone in their vocational training.

Stage 5 Hospitality students are now entering the final units of the course. They are currently heavily involved in the operation of the school cafe and their performance and consistency in applying learning outcomes have been notable. The practical experience is reinforcing classroom theory and helping solidify work readiness.

Year 11 students enrolled in preliminary VET studies are now close to completing this phase. They have completed their Yearly examinations, and we look forward to using those results to inform our course delivery moving forward. Next term, these students will begin the Year 12 requirements of their chosen courses. Preparations are underway to ensure a smooth transition. Emphasis remains on consolidating foundational skills in their respective fields — whether it be Hospitality, Manufacturing and Engineering or Construction— to meet the requirements of Stage 6 VET and HSC-aligned outcomes.

Year 11 Construction students are preparing for their second round of work placement. This presents an opportunity to apply technical skills, gain hands-on experience, and further develop industry-aligned capabilities. Many students have demonstrated a pleasing level of dedication to their studies so far through consistent effort and attendance.

It is expected that these qualities will be carried forward into the placement period. Skills refinement—such as precision, safety awareness, time management, and teamwork—will be key targets during this placement.



Across all cohorts, there has been steady progress. Year 12 cohorts have achieved completion; Stage 5 Hospitality is performing strongly in practical operations; Year 11 VET students are preparing for upward movement and gearing up for further experiential learning. Continued commitment to coursework, punctuality, meeting competency standards, and readiness for practical components will be crucial in the coming term.

Congratulations to Year 12 and a big thank you to the VET staff, for supporting these students throughout their learning for the past 2 years.

SARAH ANDERSON
Rel. VET Coordinator



TECHNOLOGICAL AND APPLIED STUDIES

Celebrating success across Technology subjects

As Term 3 comes to a close, we take a moment to acknowledge and celebrate the outstanding efforts of our students across the Technology faculty. Whether it's been in Textiles, Food Technology, Wood Technology, or Technology Mandatory, students have worked with determination, creativity, and persistence to bring their ideas to life and build valuable skills along the way.

In Textiles, students explored fabric manipulation, fashion design, and sustainability, producing a range of creative and technically skilled pieces such as tote bags and aprons.

In Food Technology, students demonstrated culinary flair and a strong understanding of nutrition and food science, creating dishes that were both delicious and beautifully presented.

Across Technology Mandatory, students engaged in hands-on, inquiry-based projects that developed their problem-solving abilities and introduced them to the broad scope of design and technology in everyday life. There were some great paddle pop stick bridges built and tested with some holding up to 12kgs. There were also some catapults built with great design and functioned perfectly.

In Timber Technology, students have been busy mastering precision joinery skills as they constructed high-quality drawer boxes, demonstrating a clear understanding of functional design and attention to finish. Meanwhile, in Year 10 Metal, students took on the exciting challenge of designing and fabricating outdoor braziers. These impressive, functional pieces showcased their welding, cutting, and fabrication abilities.





TECHNOLOGICAL AND APPLIED STUDIES

A particular highlight this term has been the completion of the HSC Timber Major Projects. Year 12 students have worked hard for hundreds of hours on their design, construction, and refinement of their furniture pieces. The results are nothing short of exceptional. The craftsmanship, attention to detail, and personal pride evident in each project are a testament to the hard work of our senior students.

A special thank you must go to Mr. Hunt, whose guidance, support, and dedication have been instrumental in helping students bring their visions to reality. His commitment to excellence and willingness to go above and beyond has not gone unnoticed by both students and staff.



Congratulations to all students on their achievements this year — your hard work and creativity are truly commendable! As we move forward in to Term 4. I'm sure we will see more exciting projects and food items produced.

PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

SPORT

This term we have reverted back to traditional sport with our Year 9 & 10 students engaging in our out of school sport options. Term 4 sport selections will be held on Friday of Week 9 with the choices listed below.

Students will pay a fee to confirm their place within their sport - this fee is the bus cost for the entire term.

A reminder that each fortnight, students are required to bring their money for their sport and payments will be made at the venue. Please see below for the cost of each sport.

- **Bus Cost:** \$55.00 (increase this term due to further distance travelled for sport).
- **Ice Skating:** \$11.50 per fortnight (to be paid at venue)
- **Beach Sports:** Free
- **School Sport:** Free



Student Achievement

Congratulations to the following students who competed at the NSW CHS Athletics Championships:

Student	Age	Events	Result
Zahli Fisher	14 Girls	Discus (1st) Shotput (1st)	Discus - 17th Shotput - 6th
Phoebe Wells	16 Girls	Discus (2nd) Shot Put (1st)	Discus - 5th Shot Put - 6th
Imogen Mobberly	13 Girls	Shot Put (2nd)	Shot put - 4th
Luke Roberts	MC	800m (1st) Javelin (3rd)	DNC - National Championships
Josh Roberts	MC	800m (3rd) Long Jump (1st)	DNC - National Championships



PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

A huge congratulations for our superstar cross country runners, Luke and Josh Roberts who competed at National Cross Country Championships on the Gold Coast. Luke has been crowned the National Champion with Josh a close second. This is a massive achievement and a testament to the boys commitment to their sport.

We are so proud to celebrate this incredible achievement at the Australian Cross Country Championships on the Gold Coast this week!

🏆 **Luke Roberts – Australian Cross Country Champion 2025**

🥈 **Josh Roberts – Silver Medalist 2025**

Together, these two have proven themselves as the best cross country runners in Australia – a truly remarkable effort and an achievement to remember. 🌟

Your dedication and determination have made you an unstoppable duo.

On top of their outstanding individual results, the Roberts boys have also powered home to claim Silver in the Relay event at the Australian Cross Country Championships on the Gold Coast. 🌟

Congratulations Luke and Josh – we couldn't be prouder! 💙💛

★ We're thrilled to announce that **Isabella Hennessy** has been selected for the Sydney North Girls Water Polo Team. She'll be competing at the Championships in Wagga Wagga, October 28th–31st. Good luck, Bella – we're all cheering you on!



CONGRATULATIONS

PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

Lucas Pugh recently competed at the CHS Trampoline Championships where he had an incredible meet.

These are exceptional results and we are extremely proud of Lucas!

He competed across multiple events with incredible success:

- 1st – Single Mini Trampoline
- 2nd – Double Mini Trampoline
- 1st – Trampoline
- 15 Years Age Champion
- 2nd – Champion of Champions



What an amazing achievement – we are so proud of you, Lucas! 🌟



EXCURSIONS

Term 3 will be an exciting time for our students, with a range of engaging and enriching excursions across different year groups and programs. These experiences will provide students with opportunities to apply their learning in real-world settings, strengthen team dynamics, and explore future pathways.

- On **Thursday 25 September**, selected students will represent our school at the **Paddle Australia School Series** held at the **Penrith Whitewater Stadium**. This is a unique opportunity for students to attend an Olympics Unleashed presentation, stadium tour, interactive activities and the chance to watch canoe slalom athletes in action.
- The **Targeted Sports Program (TSP)** students were involved in a variety of excursions throughout the term, including sessions at Gee Recovery, Laser Tag, and Ninja Warrior. These experiences are designed to support both the physical and mental development of student athletes.
- In addition, Year 11 PDHPE students undertaking the Health, Movement and Sport (HMS) course will participate in a depth study excursion to Gee Recovery. This experience provided valuable insight into contemporary recovery techniques and the importance of rest and regeneration in athletic performance. Students will be able to directly link their theoretical knowledge with practical applications, supporting their understanding of syllabus content related to training and recovery.



CREATIVE & PERFORMING ARTS

Music

It's been a big few months for **The LeftoverZ** — a band made up of NVHS students Sithula, Lincoln, Malcolm, and Bence. Last weekend they won the Battle of the Bands hosted by Wyong Milk Factory. Before that they made it through to the Grand Final of the Central Coast Council Battle of the Bands. Next up they will be performing at the Central Coast Award Showcase on the 19th of September.

A special shout out to **Coastal Riot!** — a band formed by Music Industry students, featuring Sithula and Lincoln from NVHS. They played their first gig at the Wyong Milk Factory Battle of the Bands in July and took out first place 🏆

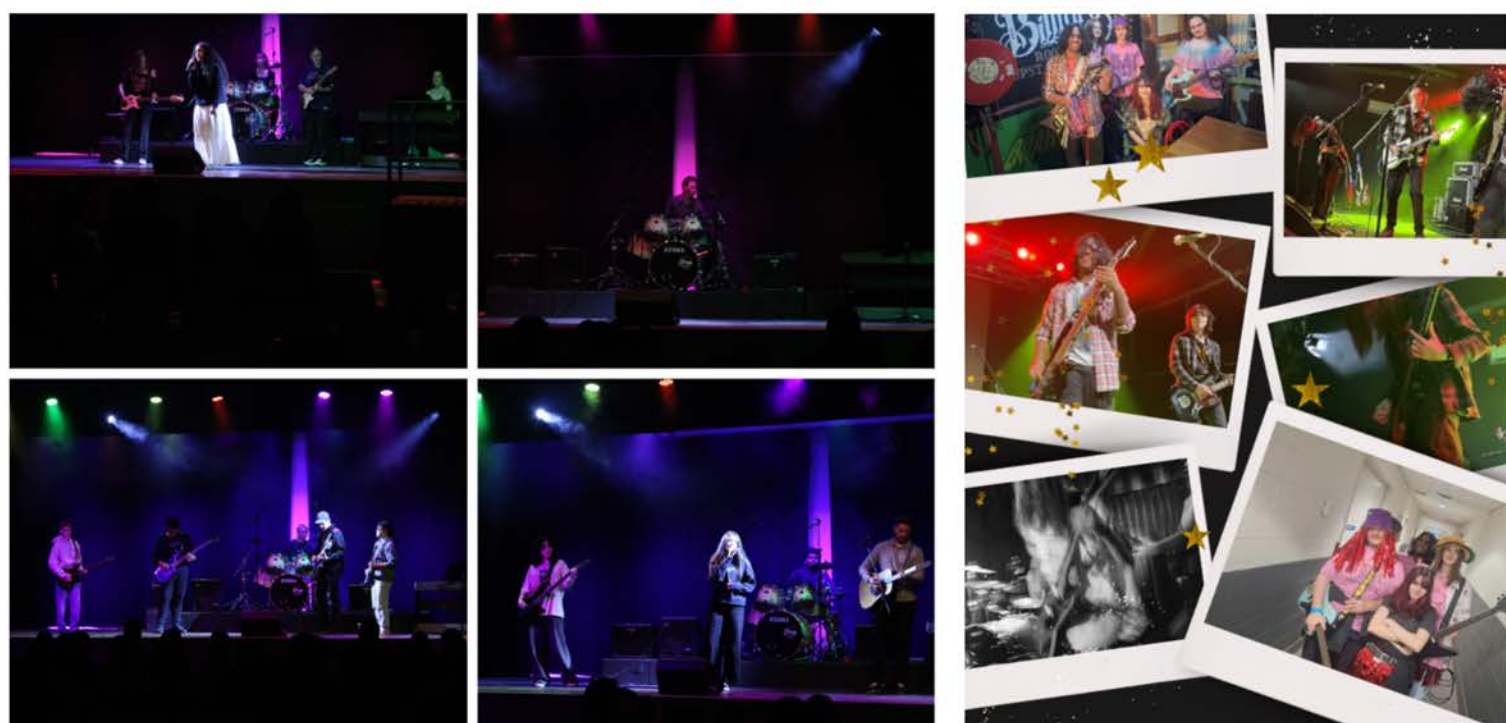
Lots of exciting things happening for these students — keep an eye out for what's next! 🎤⚡

Yr 9 Music

🎵 Performer spotlight: Our year 9 Music students in their element. Earlier this term, they took the stage at our 2025 Elective Music Night, showcasing their talent and creativity. 🎸🎤

Right now, they're diving into the world of Blues—crafting soulful songs and getting ready for their next performance. 🎸🌟

Stay tuned for concert details—you won't want to miss what they're cooking up next!



CREATIVE & PERFORMING ARTS

🎵 On Friday of last week we had an exciting day for our Year 9 Music students as they dove into the world of live sound production and staging! As part of their performance assessment task, students explored how to bring music to life beyond the instruments — learning the ins and outs of audio setups, stage design, and the magic behind the scenes. Amazing work, future sound engineers and performers! 🎧🎤🎸

Dance

Congratulations to **Myah Johnson** and the Central Academy Dance Team! We are thrilled to share that our very own year 10 student, Myah Johnson is part of the team that has been **awarded a 2026 IASF Dance Worlds Bid in Orlando, Florida!**

🌍🌟 This is one of the highest honors in competitive dance, as the IASF Dance Worlds brings together the top teams from around the globe to compete on an international stage. Please join us in congratulating Myah Johnson and the Central Academy Dance Studio on this amazing milestone. We can't wait to cheer them on as they prepare for the road to Orlando 2026!



CREATIVE & PERFORMING ARTS

🌟🌟 A huge congratulations to our exceptional **HSC Dance students** who have received multiple **Call Back nominations!**

This recognition is a testament to your passion, artistry, and countless hours of commitment.

We are so proud of each of you for this outstanding achievement! 🌟🌟

Congratulations
YEAR 12 DANCE
2025



Hannah Phillips



Zoe Franklin

★ HSC SHOWCASE NOMINATIONS CALLBACK ★




Zoe Franklin
Core Composition

★ I'M NOMINATED FOR CALLBACK ★

★ HSC SHOWCASE NOMINATIONS CALLBACK ★




Hannah Phillips
Core Performance
Core Composition
Major Study Performance

★ I'M NOMINATED FOR CALLBACK ★

★ HSC SHOWCASE NOMINATIONS CALLBACK ★

Spotlight on Performances

From the creative spark of Year 7 & 8 CAPA Play building, to the controlled chaos of Year 9 Commedia, the intensity of Year 10 Monologues, the innovation of Year 11 Devised Works, and the passion of our Year 12 HSC pieces, recent performances have lit up the stage. So much joy in the Studio!



CREATIVE & PERFORMING ARTS

What a class!

Congratulations, Year 12 drama.

Your HSC performances last week were brave, brilliant, and uniquely yours.
Thank you for growing Drama with us and leaving a legacy that will inspire future performers for years to come.

A huge shoutout to our amazing production crew—you showed up, stepped up, and absolutely nailed it.

We couldn't have done it without you!



COMMUNITY ANNOUNCEMENTS



**GOSFORD KARIONG DISTRICT
CRICKET CLUB**

U15A

Take your cricket
to the next level -
play on turf!



Limited spots available

Reach out now to express your interest to play
Join us at training to see what our club is about

**Saturday - 1pm &
Wednesday - from 4:30 pm**
Adcock Park - West Gosford

Meet our experienced club coaching staff, **Rob Hands & Damon Wilson** who are dedicated to helping you child develop and grow both on and off the field

☎ 0402943553 ✉ cricket@gkdcc.com.au



Gosford Kariong District
Cricket Club

bluetongues

JOIN OUR JUNIOR TEAMS TODAY!

Spots Available

Blasters (5 - 8 yrs)
u9 Boys & Girls Mixed
U11 Boys
u13 Boys
u15A - come play on turf
u15B

Register Now

☎ 0402943553
✉ cricket@gkdcc.com.au



**Central Coast
Spring Holiday
Junior Chess
Tournament
(ages 6 to 17)**



**Before entering,
please email me
for the full flyer**

Entry fee \$10

For full entry details
please email, not text:
Gary Losh
glosh6090@gmail.com
0432 453 726

**For NSW country players. Limited to 88.
Please don't pay until entry confirmed.**

Tuesday 7 October

Must pre-enter by Sunday 5 October

Erina Trust Hall (enter via Ilya Ave off Karalta Rd)
9.30am – 4.00pm

**Minimum ability: Must know how to move the
pieces and complete games independently.**

COMMUNITY ANNOUNCEMENTS



AVOCA BEACHSIDE MARKETS

2025 DATES

JANUARY 19TH	JULY 27TH
FEBRUARY 23RD	AUGUST 24TH
MARCH 23RD	SEPTEMBER 28TH
APRIL 27TH	OCTOBER 26TH
MAY 25TH	NOVEMBER 23RD
JUNE 22ND	DECEMBER 6TH TWILIGHT

HEAZLETT PARK FORESHORE
9AM - 2PM





#FIXXEVENTS.COM.AU



CRIME STORY
A better way to learn

Immerse yourself in realistic crime scenes that challenge you to think like a detective! Participants will learn to ask the right questions, and collaborate effectively.

Utilising forensic tools, participants will dust for fingerprints, collect DNA samples and gather evidence!

CRIME SCENE DO NOT ENTER

Holiday Program!
Teens 12 - 18yrs

Wed 8th Oct
Thur 9th Oct
10am - 1pm

Bookings Essential!

FREE

Wyoming Community Centre
147 Maidens Brush Road,
Wyoming

Contact: Kate 4323 7483
or kate@grcs.org.au

Morning Tea Provided!

GOSFORD REGIONAL COMMUNITY SERVICES

WYOMING COMMUNITY CENTRE

COMMUNITY ANNOUNCEMENTS

"WE LISTEN TO" ABORIGINAL FAMILY SERVICE

We invite you to come along to hear about Nunyara Aboriginal Health's new service,
Ngaliya Ngara Aboriginal Family Service
Our service is a whole of family health support service for Aboriginal and Torres Strait Islander families with children 0-5 years.

We want to hear the voices and thoughts of our Aboriginal community on how our service can assist with better access and culturally focused services for our kids and families.

location: Lake Haven Headspace
70 Chelmsford Rd, Lake Haven
Date: Wednesday 1st OCT 2025
Time: 09:30am-11:30am
RSVP: Lisa Hamilton - 0457 426 412

YARNING CIRCLE



SYDNEY ACADEMY OF CHESS presents CENTRAL COAST CHESS CHALLENGES 2025

DISTRICT SCOUT HALL, GOSFORD



A ONE DAY CHESS TOURNAMENT FOR KIDS UNDER 18 WHO
WANT TO HAVE FUN AND CHALLENGE THEMSELVES!

DATES 13 January 14 April
7 July 29 September

VENUE District Scout Hall
15 Gertrude Place, Gosford

COST \$40 per player (online payment)

TIME 9:15 am Registration
9:30 am Round 1 begins
2:00 pm Prize-giving
There are short breaks between the rounds.
Children need to bring their own lunch.

FORMAT This tournament is an individual and not a team event. The tournament is restricted to players under 18 years of age. The tournament is a 'Swiss' competition with approximately 7-8 rounds. This means that all players play in all games and no-one is 'knocked out' of the tournament. The time limit is 15 minutes per player per game.

This tournament will be JCL rated.



PRIZES

Trophies will be given for:
1st Place
2nd Place
3rd Place

11/12 Year Old Prize
9/10 Year Old Prize
8 Years and Under Prize

✓ All participants receive
an electronic certificate
of participation

Players are eligible for only one prize.

To enrol please pay online with your credit or debit card at
www.sydneyacademyofchess.com.au/payment
enter the code **DY058PJQ60**
and fill in the electronic form, with your child's details.

COMMUNITY ANNOUNCEMENTS

HEALTHY JARJUMS, HEALTHY FUTURE!

Jarjum is the Bundjalung word for children.



Do you have an Aboriginal and/or Torres Strait Islander child starting Kindergarten in 2025 on the Central Coast?

If Yes,

Please come along to one of our health screening days within your area, this is open to all kids enrolling in surrounding public and private schools.



Gorokan Public School

23 Dudley St, Gorokan
Thursday 23rd October
9:30 - 11:30

FREE Gifts for every child that finishes the screening:

- Backpack
- Pencil Case
- Lunch Box



Bateau Bay Public School

2A Waratah St, Bateau Bay
Thursday 30th October
9:30 - 11:30

Kids Health Screening Includes:

Speech, Physio, Dental,
Hearing, Immunisations,
Occupational Therapy (OT)



Young Black and Ready for School

Woy Woy South Public School

1 The School Mall, Woy Woy
Thursday 27th November
09:30-11:30

Plus, information on:
Aboriginal Health Services,
Nutrition, Healthy Lunchbox,
Social Work and
Community Services

Transport Available

For more information contact
**Ngilyang Aboriginal Pregnancy,
Child and Family Health Service**
(02) 4394 9148

